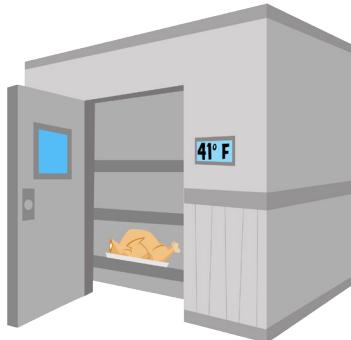
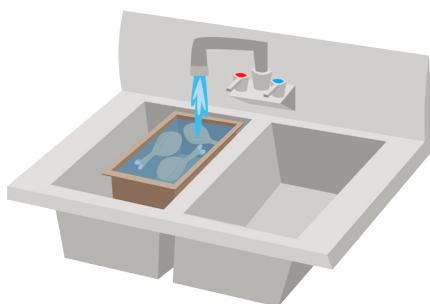


Methods and Guidelines for Thawing TCS Food



Refrigeration

Thaw food in a cooler keeping its temperature at 41°F (5°C) or lower.

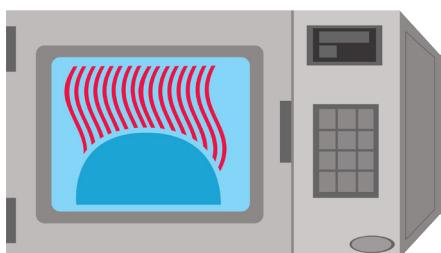


Running water

Submerge food under running, drinkable water at 70°F (21°C) or lower. The flow of the water must be strong enough to wash loose food bits into the drain.

Always use a clean and sanitized food-prep sink when thawing food this way.

NEVER let the temperature of the food go above 41°F (5°C) for longer than four hours. This includes the time it takes to thaw the food plus the time it takes to prep or cool it.



Microwave

Thaw food in a microwave oven if it will be cooked immediately after thawing.

The food must be cooked in conventional cooking equipment, such as an oven, once it is thawed.



Cooking

Thaw food as part of the cooking process.